



Safety & Environment Moment (S&E Moment)

Script 21 – Safety Tips for Exercising along Public Roads

Hello! Hello! lovely people, good morning and welcome to the S&E Moment.

In the previous S&E Moment, we looked at the hazard of being knocked down by motorist when exercising along public roads including factors that could increase the risk of knockdowns. Today, let us look at ways to ensure that you eliminate or reduce the risk of being knockdown when exercising along public roads.

These include, but not limited to:

1. Staying alert and mindful of motorists at all times during the period you are exercising along public roads
2. Keeping a safe distance from motorists. In order words, you are advised not to walk or jog too close to the road, but use the shoulder of the road and further away from the edges of the road
3. Desist from wearing dark clothing, but rather wear High Visibility Clothing that will allow motorists to easily identify or see you particularly during dark hours of the day when visibility is poor. This might include wearing high visibility vests on your cloths or better still wearing white or yellow clothing that will improve your visibility by motorists
4. Always exercise along the side of on-coming vehicles, i.e. keeping to the left side of the road at all times
5. Avoid exercising in extreme weather conditions such as when it is raining as road surfaces become slippery making motorists more likely to veer off the road towards you

You can read more about safety tips when exercising along public roads on the internet to add to the tips provided in the S&E Moment. You can also obtain additional tips from your Health and Safety Professional.

Do not forget to adhere to the COVID-19 protocols to stay safe. Visit the Ghana Health Service COVID-19 website for further information and updates on how to stay safe from the virus or the disease.

Let us know your progress with this exercise:

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Have a great day, bye.